

WOMEN'S VOICES

Thousands of women suffer daily backache, headache, dizziness, nervousness and a dozen other symptoms of kidney trouble, but lay it to other causes. Make no mistake. Keep the kidneys well, and these aches and troubles will disappear.

Mrs. Anthony Cadrette, 77 Mechanic St., Leominster, Mass., says: "My sight failed, I had sharp pain in my back and bearing-down pains through the hips. I was nervous, fretful and miserable. The urine was greatly discolored and I began to have the swellings of dropsy. I was running down fast when I started using Doan's Kidney Pills. A wonderful change came and after using them faithfully for a short time I was well."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

SUNDAY SERMON
A Scholarly Discourse By
Rev. I. W. Henderson.

Brooklyn, N. Y.—Preaching at the Irving Square Presbyterian Church on the theme, "The Holy Spirit," the Rev. I. W. Henderson, pastor, took as his text Jno. 14:16-17. He said in the course of his sermon:

As we read this and the two succeeding chapters of this good news of the Beloved Disciple, we appreciate more and more the vital, forceful influence of the Holy Spirit, not the lives of those who love and serve God. It was at the close of the Last Supper that Christ uttered these words. A few hours and the cross claimed His life. Philip had asked, "Lord, show us the Father." His text is a portion of Christ's answer.

We are told by the commentators that the Holy Spirit, the Comforter, is also an advocate, a helper. Literally translated, the Greek means: "One who is called to another's aid to aid him." To our side, an ever present aid through all eternity, the Holy Spirit is here called by Christ, Comforter, advocate, teacher, helper, guide and eternal friend, such is the Holy Spirit of the new dispensation as granted to us by our Heavenly Father.

born into the Kingdom of God a more than equal number are seized in the snares of Satan. We pray for the upliftment of the world and we see the world slip from us.

Satan's lie is wrong. God was with the early Church. God is with the missionary in the farthest East. Thousands are being brought to Christ in India. Within our midst the multitudes of the unenlightened and the untaught are being reached by the records of the apostolic church. Read the story of her growth. Is there not something wrong with us? What is the matter? Let us see. It is not that we have not the money to prosecute our work. We have more than any time since our beginning. It is not that we have not numbers or able leaders or that Christ has proven false. The fault lies with us. The Church of Jesus Christ is not alive to the possibilities of the swelling of the Holy Spirit. The Church needs Christ in her heart.

The fault lies not with God. It lies with us. We, it is who have been content with but a portion of His grace when He would have given to us all. We, it is who have been content to drift and almost to drown, rather than to lay hold upon the eternal saving power of the Holy Spirit.

Let the Church awake from her lethargy; let her unite under the banner of the cross and follow true; let her live the life that she never ceases to preach; let her show to the world that the Christ life is a practical life written large; let her appropriate to herself the Holy Spirit with His uplift toward Christ and the Father; and then will come the return of the miracles of the early Church, of which it is written, "and the same day there were added unto them about three thousand souls."

THE SUNDAY SCHOOL.

INTERNATIONAL LESSON COMMITMENTS FOR NOVEMBER 11.

Subject: Jesus in Gethsemane, Matt. xxvi., 36-50—Golden Text: Luke xxii., 42—Memory Verses, 38, 39—Topic: The Agony of Jesus.

I. Jesus enters the garden (vs. 36, 37). "They." This was about midnight. "Cometh." After they had left the upper room where they had eaten the paschal supper. "With them." There were only eleven now; Judas was absent making arrangements for the betrayal. "Unto a place." Jesus oftentimes resorted to this quiet retreat with His disciples (John 18:2) for refreshment, retirement, quiet instruction and perhaps prayer. "Gethsemane." The name means oil press, an emblem of the death agony. "Sit ye here." He left eight of His disciples at the entrance of the garden. "Pray." Christ frequently went alone to pray.

EPWORTH LEAGUE LESSONS

SUNDAY, NOVEMBER 11.

Forgive One Another.—Matt. 6. 12. Daily Readings.

The extent of forgiveness illustrated.—Matt. 18. 21-35. A condition of effective prayer.—Mark 11. 24-26. Practical forgiveness of an enemy.—Exod. 23. 4, 5. Judgment belongs not to us.—Rom. 12. 19-21. The great example.—Luke 23. 34. This is something new under the sun, comparatively—the doctrine of forgiveness. Who can forgive sins is an old question. "Perhaps the gods may," said Plato to Socrates. "I do not know," answered the philosopher. Dr. Austin Phelps tells us that when John Eliot, "the apostle to the Indians," first preached to the Nipmuck, at Nonantum, the Christian theory of the forgiveness of injuries, a grant of incredulous derision can round the circle of his hearers as he sat before him on their haunches. "The 'moral intuitions' of Nipmuck culture knew better than that." All the world through all the ages has known better than that. If we are to judge by the almost universal practice of the world, it required a revelation from heaven, and a living example of forgiveness under most awful circumstances, to place the theory of the duty of forgiveness of our enemies on even a debatable platform before the minds of men. And then it requires a revelation in human nature to make the theory a real fact in the hearts and lives of men and women. Dr. R. W. Dale says a pretty hard word in this: "Many Christian men have given a new turn to an old text. In their own private 'R. V.' of the New Testament they read, 'Whosoever speaketh a word, or committeth a wrong, against God, it shall be forgiven him; but whosoever speaketh a word, or committeth a wrong, against Me, it shall not be forgiven him.' The New Testament teaching is clear and positive, as our Daily Readings show, as to the duty of forgiveness of others; of holding no grudges; of seeking no revenge. Christians shall not behave like pagans."

The Farm

The Clovers.
The growing leguminous crops are sure to improve the mechanical condition of the soil on your farm, and they will invariably greatly add to one of the most valuable of the fertilizing elements—nitrogen.

Seed For Mowing and Pasturing.
A good mixture of seed for mowing, to be followed by pasturage, according to a Pennsylvania correspondent, is six quarts of timothy, sown with wheat, followed in the spring, without plowing, with a mixture of four quarts red clover, two quarts alfalfa, four quarts redtop. The clovers, he says, will hold two years and the other grasses will take their place.—American Cultivator.

How to Measure Corn in Crib.
This applies to a crib of any kind. Two cubic feet of sound, dry corn on the ear will make a bushel shelled. To find amount of shelled corn in crib multiply the inside measurements of the crib, length, breadth and height and divide by two. This amount will be the number of bushels in the crib. To find the number of apples or potatoes in a bin multiply length, breadth and height together and this product by eight and point of one figure in the product for decimals. To find the amount of hay in mow allow 512 cubic feet for a ton and it will be nearly correct.—Paul Kautz, Rockhouse, Texas.

Hay Stacker.
The hay derrick shown here is for stacking hay in the field. The skids are ten by twelve inches, sixteen feet long. The two cross pieces are eight by ten inches, eight feet long, each set in two inches. The upright post

Carbonic Acid Springs.
In the Auvergne region of France a large amount of carbonic acid gas comes from the soil and is one of the last traces of the former volcanic activity of this region. The springs that yield the gas are found generally in the fissures of the ground which allow the water to rise. One of the Montpensier springs has been known as the "poisoned spring." Animals which descend into the cavity to drink are soon asphyxiated by the gas which is given off by the water.

RUNNING SORES ON LIMBS.

Little Girl's Obstinate Case of Eczema—Mother Says: "Cuticura Remedies a Household Standard."

"Last year, after having my little girl treated by a very prominent physician for an obstinate case of eczema, I resorted to the Cuticura Remedies, and was so well pleased with the almost instantaneous relief afforded that we discarded the physician's prescription and relied entirely on the Cuticura Soap, Cuticura Ointment and Cuticura Pills. When we commenced with the Cuticura Remedies her feet and limbs were covered with running sores. In about six weeks we had her completely well, and there has been no recurrence of the trouble. We find that the Cuticura Remedies are a valuable household standard, and when it costs from twenty to twenty-five dollars to come up on the mountain, Mrs. Lizzie Vincent Thomas, Farmington, Walden's Ridge, Tenn., Oct. 13, 1905."

The position of the Holy Spirit with reference to us is clearly shown by the prophecies used in the verses. And I will pray the Father, and thou shalt give us another Comforter, that He may abide with you forever, even the spirit of truth, whom the world cannot receive because it seeth Him not, neither knoweth Him, but ye know Him, for He abideth with you and shall be in you. With you, by you, in you. You know "in the fellowship of His everlasting presence." By you, "in His personal presence." In you, "as an abiding personal energy." With you, in you, in all the eternal omniscience and wisdom of the very God Himself. The Holy Spirit is the presence of Almighty God and of His Son Jesus Christ, with you, by you, in you. The prophecies, as the prophecies, are of prime importance. He is God, with, by, and in man.

The Holy Spirit who is in our hearts to-day has been the dynamic in the lives of consecrated men and women since time was. In his journey from bondage, it was the Spirit of God that sustained Moses. He is the spirit of which Isaiah wrote: "And thine ears shall hear a word behind thee saying, This is the way, walk ye in it." And again we read in Ezekiel: "And I will put my spirit within you, and cause you to walk in My statutes, and ye shall keep My judgments and do them." The spirit of Samuel and of Jeremiah is the Spirit of Saul of Tarsus. The same but, oh, how much more full. He brings to us not merely the wealth of association that crowns about the national life of the chosen people of God. To us, He comes as a consummation and memorial of the power, majesty and all-embracing love of God and of His Son our Saviour, Jesus, the Christ.

A Lesson From the Butterfly.
A naturalist one day was studying a cocoon, in which a butterfly was struggling to be free. He heard it busting against the sides of its little prison, and his heart went out in pity for the helpless creature.

Taking a tiny lancet he cut away the fragile walls and released the little captive. But to his amazement it was not the beautiful creature that he had expected to see. If he struggled against the sides of its cocoon, unable to fly, a helpless, unlovely object. In place of the gorgeously colored wings that he had expected to see, were weak, shriveled members.

What was the matter with this creature that he had released? He was so fair. The prison gates had been opened too soon, the obstacle had been removed before the struggler had developed sufficiently through struggling to be ready for his glorious flight into the sunshiny skies and among the perfumed flowers. O God, when the walls seem to close about us, when we struggle and agonize to be free, when Thou dost not cut away the barriers, is it not because, in Thine infinite wisdom, Thou dost see how the weak and the unlovely will become strong? Then at last, when the struggle is finished, like the butterfly, we may come forth, not perhaps in glorious robes of splendid colors as it is, but in the everlasting robes of righteousness.—Christian Observer.

CHRISTIAN ENDEAVOR NOTES

NOVEMBER ELEVENTH.

Christ's Life: His Sorrows, and How He Bore Them.—John 11:30-33; Isa. 53:3-5.

The shortest verse in the Bible is also the longest, for it binds together heaven and earth.

Christ bore our griefs, He was not overcome by them; He carried our sorrows, He was not crushed down by them.

One of the most purifying of thoughts is to recall Christ's agony in Gethsemane, and to remember our intense sin, and to say, "That—for this!"

Facts About Turkeys.
Inbreeding will quickly invite failure.

Breeding turkeys can be profitably kept up to the fifth year.

Brooders generally will not breed from the same gobble more than one year, unless the same breeding hens are also retained.

In the selection of Bronze turkey breeders, the body should be long and deep, at the centre, with a full breast, broad back, strong thighs and shanks of moderate length. In young birds the shanks are a dead black, but they grow lighter with age, until they become of a pink or flesh color.

The hen turkey is more in demand in market than is the male.

A medium-sized carcass sells best.

Mashed potatoes mixed with cornmeal, alternated with shelled corn, is the most general diet used for fattening turkeys.

When the least indispensed turkey will hold its head down between its shoulders and refuse food.

During incubation a turkey can cover from fifteen to twenty eggs, while an ordinary hen cannot cover more than half that number.

Eight hens to a cock is a good mating, and which should produce about 200 young.

Cheer says the market turkey should be shorter in legs and neck than is the general case, and very full in the breast.

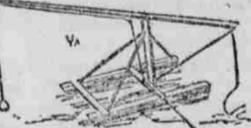
A good plan, in killing turkeys, is to tie their feet together, hand the bird on a pole, and then cut the throat so as to bleed freely. They should be dry-picked, leaving head and wings on. After being picked, dip in hot water, and then in cold, which will give the skins a fresher look.

Some turkey raisers prefer marketing the toms in the month of December, and keep the hens until later, so that they may increase in weight and command a better price.

A plump young turkey, dressing from eight to fifteen pounds, finds a market at almost any season of the year.

If in good condition when put up, turkey hens can be fattened in about the same weeks' time, but cocks would require a week or more longer.

An English writer says there are two points to consider before choosing the breed of turkey, viz., whether the birds are to be reared with the purpose of making a profit with them, or whether they are only for home consumption. If the former, he selects the Bronze variety. He says for profit it is purely a question of obtaining birds of the heaviest possible weight when they are from six to nine months old. He further says that not only does this breed produce heavy weight, but quality of flesh is also obtained.—Poultryman.



For Stacking Hay.

Music should be written on note paper.

A Daily Thought.
There is a sure reward for faithful attonce.—Horace.

Consolation For the Artist.
The late Lord Leighton, president of the Royal Academy, once had a chance to learn something about himself that perhaps he had not suspected. His chance came to him at a picture gallery, where his painting "Helen of Troy" was on exhibition. He joined a group of ladies who were standing before it just in time to hear one of the number say: "It's a horrid picture—simply horrid!"

"I'm sorry, but it's mine!" Lord Leighton exclaimed, indignantly.

"You don't mean to say you've painted the thing?" questioned the lady.

"No, I—I painted it," the artist humbly replied.

The critical lady was momentarily abashed; then she said easily to him: "Oh, you mustn't mind what I say."

"No, indeed, you mustn't," another began earnestly. "She's only said what everybody else is saying!" —Youth's Companion.

The Age Of Graft.
I wouldn't denounce that show so vigorously, old man."

"I shall do my duty as I see it," declared the parson.

"But you must use some discretion. People are beginning to think you get a rake-off from the management." See? —Louisville Courier-Journal.

The Earth Is Crowded.
A Carrolton boy in the Panama Canal zone writes home that they haven't been doing much digging on the canal yet because they have no place to put the dirt.—Kansas City Star.

HARD TO SEE.
Even When the Facts About Coffee Are Plain.

Is curious how people will refuse to believe what one can clearly see.

All the average man or woman will do is to take the slow but cumulative poisonous effect of caffeine—the alkaloid in tea and coffee—tends to weaken the heart, upset the nervous system and cause indigestion, and they may laugh at you if they don't know the facts.

Prove it by science or by practical demonstration in the recovery of coffee drinkers from the above conditions, and a large per cent. of the human family will bring their shoulders, take some drugs and—keep on drinking coffee or tea.

Coffee never agreed with me nor with several members of our household. I take a lady. "It enervates, depresses and creates a feeling of languor and heaviness. It was only by leaving off coffee and using Postum that we discovered the cause and cure of these ills.

The only reason, I am sure, why Postum is not used altogether is the exclusion of ordinary coffee is, many persons do not know and do not seem willing to learn the facts and how to prepare this nutritious beverage. There's only one way—according to directions—boil it fully 15 minutes. Then it is delicious." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

The essential requirement of the Christian life is not to be able to do, or to be able to know, the Bible, or to be able to assist the exact authorship of the books of the Pentateuch, or to be able, more or less intelligently, to quibble over the points of ecclesiastical dogmatism. He who would live in the Bible, the word for word is not to be a Christian. Spirituality is the great sine qua non of the Christian life. That we may be able to purify ourselves and to lift others up to the Christ we need to have a "fellowship" measure, pressed down, shaken together, running over in our hearts." Ere we can experience the depth, the power and the world-wide inclusiveness of God's love, we must be reborn of God's indwelling Spirit.

One of the doors of your heart and let the blessed sunshine of God's illuminating Spirit glow in upon you. With you, by you, in you, let the Comforter abide. In sorrow He will sustain you. In care He will comfort you. He will strengthen you in life. He will give you the strength to say, "Let not your heart be troubled, ye believe in God, believe also in Me. In My Father's house are many mansions. I will not leave you orphans. But I will pray the Father and He shall give you another Comforter, that He may abide with you forever."

II. The bitter cup of sorrow (vs. 38, 39). "Even unto death." It was agony that would destroy His life if it continued. The agony became so great that His sweat was drops of blood falling down to the ground. "Tarry ye here." Spoken to the three disciples.

III. "A little farther." About a stone's cast (Luke); 150 to 200 feet. There were now three divisions of the little company: the eight, the three, and Jesus alone with the "face." This was the ordinary posture of the supplicant when the favor asked was great, and deep humiliation required. The head was put between the knees and the forehead brought to touch the earth. "My Father." In all our addresses to God we should eye Him as a father—as our Father, and it is in a special manner helpful to do so when we are in an agony. "If it be possible." The great horror of Jesus' life in the garden arose, not from fear of Calvary, but from fear of failure, through physical suffering to reach Calvary, and so lose all for which He left heaven.

Small Barnyards Best.
From an economic standpoint most barnyards are too large. The loss of fertility is far greater in a large than a small one. This loss is not so noticeable in newly settled fertile sections of the country as in States east of the Mississippi River, where the once fertile land has been robbed of its organic matter. Thousands of farmers lose every year in keeping their stock in large yards during the feeding season enough fertility to equal in value a ton or more of the most expensive fertilizer. If the yard is large with a high dry place at one side, the stock will congregate there and the richest droppings are lost by being trampled in and mixed with the soil, unless the surface soil is all hauled to the field, which it would often pay to do. Many yards extend to a creek or are located on a hillside, from which the loss is very heavy, unless the washings extend over a pasture or cultivated field. The better plan is to make the yard as small as possible consistent with convenience and also have it protected with a roof to a great extent. The saving of fertilizer and promotion of the comfort of the animals will pay a large annual interest on the investment.—The Epitomist.

Questions.
Am I adding to Christ's sorrows? Have I received the cleansing of Christ's atonement? Do I really love my Saviour?

PRESENCE OF MIND.
The following true story is descriptive of an incident that happened in a village in Suffolk, England:

A husband had gone out for the evening and left his wife and child at home. The woman was about to retire for the night when to her amazement she perceived the foot of a man beneath the bed.

Instead of calling for assistance, as some would have done, she coolly went to the child's cot and sat and sang till the child fell asleep. Two hours then remained before her husband came in. He was surprised to find her waiting up, but when his wife handed him an envelope, saying, "You might run and post this," the cause of her waiting was revealed.

Instead of a letter the following was written on the envelope: "A burglar is under our bed, run, fetch police!" The husband returned in a few minutes with a policeman, and the man was arrested. The burglar, when brought up before the magistrate, remarked that he had come across a few brave women in his time, but this one must have had a nerve like iron, for she sat there for three solid hours. He had the impression that she didn't know he was there till the policeman pulled him out.

THE ONE THING TO DO.
McFibb—"That fellow Huskie called me a liar."

McFibb—"Yes."

McFibb—"Yes. What would you do about it?"

McFibb—"Well, if I were you I'd make it a point always to toll the truth when he's around."—Catholic Standard and Times.

A Willing Adventurer.
A man, thirty-two, advertised in a morning paper that he is willing to undertake any adventure, however desperate.—London Evening Standard.

A Man Worth Knowing.
I should like to know a man who just minded his duty and troubled himself about nothing; who did his own work and did not interfere with other people's; who would work—working hard and in a quiet way, as it was the will of God. How happily he would receive his food and clothing, receiving them as the gifts of God! What peace would be his! What a sober gravity! How hearty and infectious his laughter! What a friend he would be! How sweet his sympathy! And his mind would be so clear he would understand everything. His eye being single, his whole body would be full of light. No fear of his ever doing a mean thing. He would lie in a quiet manner. It is the fear of what that makes men do mean things.—George Macdonald.

What We Should Never Forget.
Let us never forget that what we are is more important than what we do; and that all fruit borne when not working in Christ must be fruit of the flesh, and not of the Spirit.—J. Hudson Taylor.

The Salt Crop.
The importance of the salt product as an article of commerce may be generally known. About nine-tenths of the amount consumed is of home production, amounting to nearly twenty-six million barrels, or about one barrel for every three persons in the country. Most of the salt is produced in Michigan and New York. It is largely used in industries of meat packing and fish curing and dairying, also for various other manufactures. The average price last year was a little over twenty-three cents a barrel, which is below that of the previous year.

Chinese Gambler's Penance.
A Chinese cook named Chin Kam had been engaged by a wealthy Chinese in Ho in street in Canton. All the money he earned had been lost in gambling. On one occasion his master paid him some money for the provisions he supplied. The cook lost all the money in one day. Hoping that his debts were accumulating day by day, on the twenty-fourth day he went into the kitchen and chopped off the forefinger of his left hand as a self-punishment and warning in order to relinquish this evil habit of gambling in the future. He became unconscious through the pain, but was brought round again in a few minutes.—Singapore Times.

No Birch Rods Now.
"The road to knowledge, nowadays," said the first old schoolmaster, "is too swift and too easy. It's a regular railroad."

"Yes," agreed the other old pedagogue, "and it's a railroad with fewer switches than any necessary."—Philadelphia Ledger.

The history of the presence of the Christ in the lives of nations lies in the work consummated by His Holy Spirit. All the great reforms, all the great movements that have bettered humanity have had their inception in the minds of Spirit-filled men. Who can say but that the hand and the Spirit of God have been with this land, as it was with Israel, in her phenomenal success. To be sure we have made our mistakes. We are far cry from the Christ ideal. But did we, nationally, revere Him more, did we but let His Holy Spirit dwell deeper and more lastingly in our national heart, He would bless us far beyond our fondest expectations. God is the God of nations. Christ came to take away the sins of the world, of nations, as of individuals. The Holy Spirit can fill a nation's heart if its people will but do God's will.

Walking in faith is walking in the light of His face.

The Salt Crop.
The importance of the salt product as an article of commerce may be generally known. About nine-tenths of the amount consumed is of home production, amounting to nearly twenty-six million barrels, or about one barrel for every three persons in the country. Most of the salt is produced in Michigan and New York. It is largely used in industries of meat packing and fish curing and dairying, also for various other manufactures. The average price last year was a little over twenty-three cents a barrel, which is below that of the previous year.

Chinese Gambler's Penance.
A Chinese cook named Chin Kam had been engaged by a wealthy Chinese in Ho in street in Canton. All the money he earned had been lost in gambling. On one occasion his master paid him some money for the provisions he supplied. The cook lost all the money in one day. Hoping that his debts were accumulating day by day, on the twenty-fourth day he went into the kitchen and chopped off the forefinger of his left hand as a self-punishment and warning in order to relinquish this evil habit of gambling in the future. He became unconscious through the pain, but was brought round again in a few minutes.—Singapore Times.

Young Stock Upon the Perches.
It is a common mistake among poultrymen to induce the young stock to take to the perches too young. Especially does such a practice work injury among the heavier breeds, says Michigan Farmer. Leghorns and the smaller variety are much less subject to injury.

In the majority of poultry houses nothing better than a round pole about one and one-half inches in diameter is provided for a roost, and when young stock spend the long nights on these, before the bones have become hardened, the result is almost surely crooked breast bones

Protected Milk Pail.
That many of the odors and much of the dirt which gets into milk is during the process of milking, most of us know, hence every precaution to overcome this should be taken. One of the best methods is to arrange a cover of tin and cheese cloth, says the Indianapolis Sentinel. Have a tin cover made to go over the pail loosely so as to allow for the space taken by the cloth strainer. The tin cover should be higher in the centre

than at the sides (see small cut to right) and a hole about four inches in diameter made in the front centre through which the milk is directed. Then have plenty of cheese cloth covers large enough to reach five or six inches over the side of the pail, where it may be secured by a tape or by slipping a hoop of sheet iron of proper size over it and pushing it down hard. Put on one of these covers, then the tin cover and you are ready for milking. The cheese cloth will prevent any filth getting to the milk, and if these covers are washed in boiling water and sun-dried they may be used a number of times. The illustration shows the idea plainly, the cut to the lower left showing the pail complete with the strainer and the larger cut showing how the cloth is slashed at intervals so it will fit around the pail without trouble.

The Future of the Balloon.
The balloon may supplant both the motor and the yacht, both mariners and pilots may find time hanging heavily on their hands when, with a catch-me-if-you-can defiance, our balloons will sail into the lawless ether.

Dr. Joseph Samada, the royal dentist to the Khedive of Egypt, studied surgery in Chicago for three years.

Even When the Facts About Coffee Are Plain.

Is curious how people will refuse to believe what one can clearly see.

All the average man or woman will do is to take the slow but cumulative poisonous effect of caffeine—the alkaloid in tea and coffee—tends to weaken the heart, upset the nervous system and cause indigestion, and they may laugh at you if they don't know the facts.

Prove it by science or by practical demonstration in the recovery of coffee drinkers from the above conditions, and a large per cent. of the human family will bring their shoulders, take some drugs and—keep on drinking coffee or tea.

Coffee never agreed with me nor with several members of our household. I take a lady. "It enervates, depresses and creates a feeling of languor and heaviness. It was only by leaving off coffee and using Postum that we discovered the cause and cure of these ills.

The only reason, I am sure, why Postum is not used altogether is the exclusion of ordinary coffee is, many persons do not know and do not seem willing to learn the facts and how to prepare this nutritious beverage. There's only one way—according to directions—boil it fully 15 minutes. Then it is delicious." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Walking in faith is walking in the light of His face.

The Salt Crop.
The importance of the salt product as an article of commerce may be generally known. About nine-tenths of the amount consumed is of home production, amounting to nearly twenty-six million barrels, or about one barrel for every three persons in the country. Most of the salt is produced in Michigan and New York. It is largely used in industries of meat packing and fish curing and dairying, also for various other manufactures. The average price last year was a little over twenty-three cents a barrel, which is below that of the previous year.

Chinese Gambler's Penance.
A Chinese cook named Chin Kam had been engaged by a wealthy Chinese in Ho in street in Canton. All the money he earned had been lost in gambling. On one occasion his master paid him some money for the provisions he supplied. The cook lost all the money in one day. Hoping that his debts were accumulating day by day, on the twenty-fourth day he went into the kitchen and chopped off the forefinger of his left hand as a self-punishment and warning in order to relinquish this evil habit of gambling in the future. He became unconscious through the pain, but was brought round again in a few minutes.—Singapore Times.

No Birch Rods Now.
"The road to knowledge, nowadays," said the first old schoolmaster, "is too swift and too easy. It's a regular railroad."

"Yes," agreed the other old pedagogue, "and it's a railroad with fewer switches than any necessary."—Philadelphia Ledger.

Young Stock Upon the Perches.
It is a common mistake among poultrymen to induce the young stock to take to the perches too young. Especially does such a practice work injury among the heavier breeds, says Michigan Farmer. Leghorns and the smaller variety are much less subject to injury.

In the majority of poultry houses nothing better than a round pole about one and one-half inches in diameter is provided for a roost, and when young stock spend the long nights on these, before the bones have become hardened, the result is almost surely crooked breast bones

The Future of the Balloon.
The balloon may supplant both the motor and the yacht, both mariners and pilots may find time hanging heavily on their hands when, with a catch-me-if-you-can defiance, our balloons will sail into the lawless ether.

Dr. Joseph Samada, the royal dentist to the Khedive of Egypt, studied surgery in Chicago for three years.

Cheese Cloth Cover For Milk Pail.



Cheese Cloth Cover For Milk Pail.